

Discover cutting-edge skills and tools for creating...

# More Energy *and* Less Stress



Are you stressed-out and tired most of the time?  
If you want to clear away the stress that keeps draining your energy,  
make sure you get to this workshop. You'll have a great time  
while discovering easily-mastered ways to:



*Lois Grasso is a popular, fun and engaging speaker, best known in CT for her trainings in Laughter Yoga, Transformational Breathing and EFT, all of which will be introduced at this event. She is also known for her innovative work as a Holistic Health Coach /Therapist in Hartford. She is founder/director of the OxyGenesis Institute. For more information, visit [www.oxygenesis.org](http://www.oxygenesis.org)*

Stay calm yet energized  
Overcome pain without drugs  
Eat healthy using a simple formula  
Laugh & breathe your way to inner peace  
Sleep like a baby at night  
Become more attractive to others  
Express your unique personality  
Stimulate "happy chemicals" in your brain

**Experiential Workshop!**

**Saturday, May 31st**

**10am - 2pm**

Super-8 Conference Center  
19 Taylor Street, Manchester, CT  
Light healthy lunch is included.  
Admission: \$12 in advance / \$15 at the door  
To register, contact Jeri Reid 860-463-5109  
or Lois Grasso 860-796-1480



*Jeri Reid is a certified Biological Terrain Microscopist and progressive health and wellness educator. Based on the principles of pH balance, she'll show us how building the quality and quantity of physical energy, enhances mental, emotional, and spiritual energies. Jeri owns an Integrative Wellness Center in Manchester, CT, and travels extensively offering Live Cell Analysis. [www.jerireid.com](http://www.jerireid.com)*